

F A L L 2 0 1 3

# The Ombudsman Outlet

USCG District 13 Staff



OCTOBER  
NATIONAL DOMESTIC VIOLENCE  
AWARENESS MONTH

National Coalition Against Domestic Violence

<http://www.ncadv.org/index.php>

CG SUPRT- 1-855-CG SUPRT (247-8778)

<https://www.achievesolutions.net/achievesolutions>

## From Your Ombudsman

I would like to welcome new families to our area. As the Ombudsman for District 13 staff I serve as a liaison for the Command to provide information, resources and support.

If I can be of any assistance please do not hesitate to contact me.

We love living here as there is so much to do but the weather during our fall and winter months is ever changing. The last page of this newsletter contains some great links for emergencies, school closing information, and ways to prepare.

I am grateful for Admiral and Mrs. Gromlich and their support of the Ombudsman program and our families. I look forward to continuing to serve you.

Amy Lee  
D13 Staff Ombudsman  
206-643-6723  
[cgd13ombudsman@gmail.com](mailto:cgd13ombudsman@gmail.com)

## Save the Date!

CGFA Pumpkin  
Carving Event

October 27, 2013  
Go to  
[www.cgfapugetsound.com](http://www.cgfapugetsound.com) to learn more.

Day Light Savings  
Time Changes

November 3, 2013  
Turn your clocks  
back one hour.



## Message From The District Commander

**RADM Richard T. Gromlich**



It truly is a pleasure for me to be in the Great Pacific Northwest and an honor to be part of the Coast Guard Thirteenth District team! In my first few months I have visited our Sectors, Air Stations, Cutters, and Stations and have been extremely impressed by the skill, work ethic, and devotion to duty of our active duty, reserve, civilian, and auxiliary members. As I've met with members of the community along our coast, I have grown accustomed to hearing praise and sincere appreciation for the Coast Guard. Due to your hard work while on duty and your participation in the community while off duty, you have earned a stellar reputation in the eyes of the public that we serve. You are obviously respected and admired for what you do and the value you add to the community around you. Thank you for all you do - I'm incredibly proud to serve with you! I would also like to add a very special "Thank You" to all of our District 13 families. It is clear that you are the driving force behind our successful Coast Guard men and women and that you are committed to supporting each other through whatever hardships arise.

When talking to the crew during a unit visit, I emphasize four things to our men and women: (1) keep performing your duties to the best of your ability, (2) be good stewards of the taxpayer's dollars, (3) take care of our shipmates as our people are without doubt our most important asset, and (4) have fun doing what we are doing. I ask our members to stay the course and focus on accomplishing our missions; it is what we do and what is expected of us. However, in order to continue to serve the public in the current budgetary environment we must continue to look for ways to be more efficient at all levels of the organization. Even with budget constraints, the Commandant is steadfast in protecting the men and women of the Coast Guard and their families from as much impact as possible. If changes do occur that impact Coast Guard families, we will ensure that information is disseminated quickly and any questions that you have are answered.

Finally, my last point is that we should be enthusiastic about our chosen profession. Early in my career I was often asked about how long I planned to stay in the Coast Guard. My reply was that I would leave when the Coast Guard asked me to or when it stopped being fun. What was true then is still true today and I am enjoying my service now just as much as I did as a young helicopter pilot. Our work can be challenging, the environment in which we perform is unforgiving and dangerous, and our service demands a lot from all of us. However, we have great missions that make a tremendous positive impact, we live in communities that love and respect us, and we get to work side by side with some of the finest men and women in the country. We have a lot to be thankful for in being part of the premier maritime service in the world!

Again, thank you for your service. I am honored to be your District Commander and I look forward to meeting many of you in my travels around the district. Semper Paratus!

RADM Richard T. Gromlich

## Coast Guard Family Association

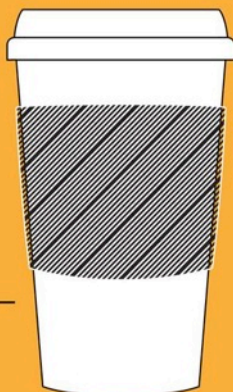
Now that fall is here and the kids are back in school, why not take the opportunity to reconnect with old friends and meet new ones? Perhaps you're into hiking or camping, or maybe sitting around a table sipping coffee, discussing a book, crafting, or trying out a new restaurant is more your style. Perhaps you're looking for a place to connect with other moms while the kids run and play. Regardless of your preferred activity, the Coast Guard Family Association has a spot for you! Our membership drive for the 2013-2014 year is currently underway! This year we're taking a step back; connecting and serving each other in our local communities. Every so often we'll come together as a larger group and enjoy a local Seattle attraction (i.e. the Seattle Underground Tour in mid-November), a family meal or a holiday party. Children are always welcome at our events and a family membership is \$20.00 for the entire year. Membership benefits include bi-monthly CGFA newsletters, a directory and discounts to some of our larger events. Members will also be the first to know about upcoming events, and will have the opportunity to advertise their home/small business in our directory and/or newsletter. Why wait, join today and become a part of a wonderful extended family! For more information check us out online at <http://cgfapugetsound.com> or email us at [cgfapugetsound@gmail.com](mailto:cgfapugetsound@gmail.com)



WHAT WOULD YOU PAY FOR  
A WHOLE YEAR OF AWESOME  
MEMORIES

FRIENDS  
SUPPORT  
CAMARADERIE  
AND MORE?

LESS THAN ONE COFFEE  
A MONTH!



**PACNW**

Coast Guard Family Association





# Chaplain's Corner

From your District Chaplain:

## CREATING A STUDY PARTNERSHIP IN YOUR RELATIONSHIP

"What are you and your partner working on - together - that is helping you grow stronger as an individual and as a couple?"

Remember when you were in high school or college, and there was a special friend or collection of friends with whom you would gather to study, complain about a professor and share a pizza? Professor bashing and pizza aside, can you remember how much those study times were a time of growth for you personally and you collectively as friends?

"Cracking the books," was a time when a bit of knowledge seeped in and a little more of ourselves seeped out.

This quarter, if you aren't already, I would invite you to consider "cracking the books" with your significant other. Yes - reading a book together and then talking about what you have read! You might consider setting up "study dates" at a quiet coffee shop, setting aside a regular weekly time when all has settled down around the house, or work your sharing into a weekly letter written while you grow together through a patrol or deployment.

In offering the suggestion of creating a study partnership to couples, I have found that often the most challenging and exciting part of the process was in settling on the right book; challenging in that there are so many great books available, and exciting because the couple is working together.

A few books I have found helpful over the years include: "The Good Marriage," Judith S. Wallerstein & Sandra Blakeslee. "Love Talk," Les & Leslie Parrott. "The Power of Commitment," Scott Stanley. "The Language of Love," Gary Smalley & John Trent. "12 Hours to a Great Marriage," Howard Markman & Scott Stanley. "Together for Good - Daily Devotions," Norman Wright. "His Needs, Her Needs," Willard F. Harley.

Pick a book together, or agree to take turns on book selections. Buy two copies, as you will each need your own for the personal reading, study and note-taking time. Set up a reasonable weekly reading assignment; i.e. a chapter a week. Schedule a regular time for your "study date" and stick to it! In your personal study and preparation time as you read the scheduled section ask and take notes on the following:

- What have I learned about myself?
- What have I learned about our relationship?
- What can I add to our relationship?

In your study date, work through these three questions (of course, taking turns), use "I" language and listen to what is being shared. Most importantly, be gracious to yourself, be gracious to your partner, and have fun!

As always - Blessings in your lives, your work and your relationships: Thank you for the service you give to our District, our Coast Guard and our nation. Remember that you are never alone, each of you are part of a very special community that is here for your care and support. Let me know how I might assist you and your family!

Sincerely,

CDR Michael Greenwalt, Chaplain

Office: (206) 271-6995 Cell: (206) 850-3426 E-mail: Michael.l.greenwalt@uscg.mil

## Did You Know?

USCG HSWL Mobil App is now available for iPhone/iPad and Android Systems.

This app contains information about the many quality of life resources available for Coast Guard military and civilian personnel, family members, and retirees. The app includes information on work-life programs, as well as other individual and family support programs such as medical services, chaplain services, housing, legal assistance, and morale, well-being, and recreation (MWR) services.

In addition, it provides general information about the Coast Guard, enables access to Coast Guard videos through YouTube (Wi-Fi recommended), and enables the user to access the Coast Guard Facebook and Blog feeds. The user can also find a unit Ombudsman using the "Ombudsman Locator" feature.

<https://itunes.apple.com/us/app/uscg-hswl/id669218420?mt=8>



## Easy Pumpkin Chocolate Chip Muffins

1 can pumpkin puree (Libby's)  
1 Spice Cake Mix  
½ bag Mini Semi Sweet Morsels

Preheat oven 350 degrees.  
Spray Mini Muffin Tins with non-stick cooking spray. (two tins) or use paper liners.

Mix all your ingredients together and then fill each muffin 2/3 full or use a cookie scoop. Bake about 15 minutes (or so) depending on your oven. ☺ Take them out and enjoy with some hot cider and your family!



Contact a Consultant:  
1-855-CG SUPRT (247-8778)  
International: Country Code+800-02478778  
Military Crisis Line: 1-800-273-TALK(8255) Press 1

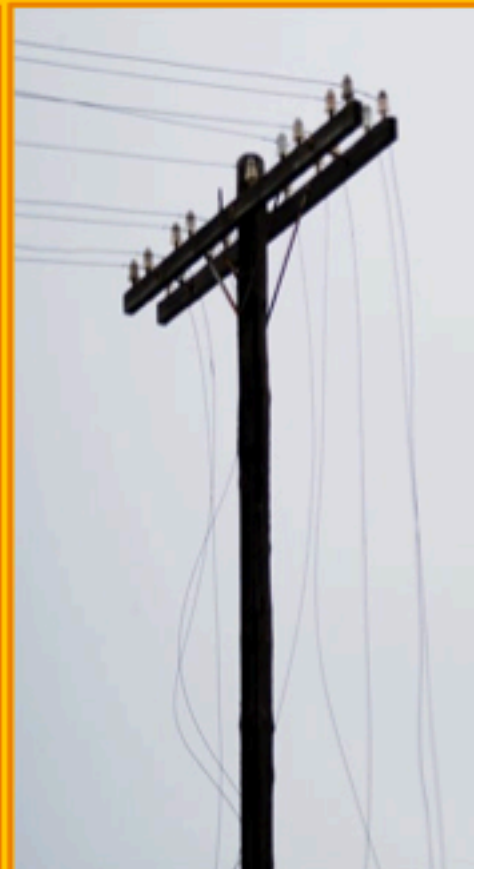
# October Tip of the Month

## Don't Be Powerless When the Power Goes Out

**The stormy season is upon us. What will you do when the power goes out?**

**Here are some tips to help you get prepared for the loss of power the stormy season can bring.**

- Backup chargers for a cell phone, laptop or tablet could include a 12V car plug with USB adapter, an inverter, a battery jump pack with an USB port or a solar or hand crank model.
- People who are hard of hearing can get important information on a cell phone. Sign up for these emails and text messages on your cell phone from your local government alert system.
- Plan for medications that require refrigeration, perhaps a battery operated cooler.
- Purchase extra batteries for motorized wheelchairs or other battery-operated medical or assistive technology devices. **Keep the batteries charged at all times.**



**KCDEM**  
Kitsap County Department of Emergency Management

Just a Tip!

Changing batteries in smoke detectors is easy to remember if done while changing those clocks for "Day Light Savings".

## **Emergency Preparedness**

<http://www.ready.gov>

**Emergency/Disaster Preparedness**

<http://www.fema.gov>

**Federal Emergency Management Agency**

<http://www.ready.gov/kids>

**Emergency/Disaster Preparedness for kids**

<http://www.redcross.org/what-we-do/disaster-relief>

**Emergency/Disaster Preparedness/Get Assistance**

[www.schoolreport.org](http://www.schoolreport.org)

**School Closure information or emergency reports**

<http://www.weather.gov>

**Weather information/warning/alerts**

<http://www.asPCA.org/pet-care/disaster-preparedness>

**Pet Emergency/Disaster Preparedness**

<http://www.doh.wa.gov/Emergencies.aspx>

**Washington State Emergency Preparedness**

<http://www.uscg.mil/worklife/ready.asp>



### ***Be Informed***

Emergencies can arise from weather and other natural hazards, industrial and transportation accidents, influenza pandemics, and terrorist acts. Anticipate and learn about the emergencies most likely to affect you and your family. Knowing what to do can make all the difference when seconds count.

### ***Make a Plan***

You and your family members may not be together when an emergency strikes. Planning ahead for various emergencies will improve your chances of keeping in touch, staying safe, and quickly reuniting.

### ***Build a Kit***

Assemble a collection of first aid supplies, food, water, medicines, and important papers that can sustain you and your family until a crisis passes. (A three day supply for each family member is a good rule of thumb.)